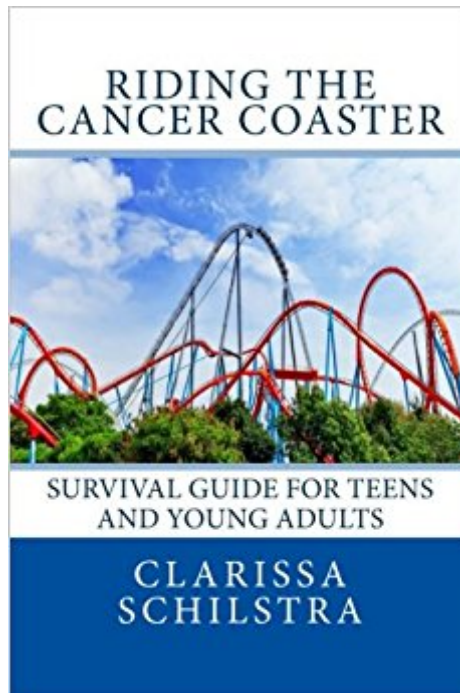




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# **Riding The Cancer Coaster: Survival Guide For Teens And Young Adults**



## Synopsis

A diagnosis of cancer is devastating at any age. For teenagers and young adults, it presents a unique challenge both socially and emotionally. You strive for independence, but cancer leaves you completely dependent on those around you. At an age when you want nothing but to be with your peers, isolation resulting from a compromised immune system leaves you starving for social contact. When you should be able to start setting goals for the future, you are confronted with the possibility of having no future at all. This all makes staying positive very difficult. Through her own experiences as a two-time cancer survivor, and previous teen cancer patient who faced a forty percent chance of survival, Clarissa Schilstra has learned a great deal about all of these challenges and how to cope with them. In the pages of this book, she shares those stories and strategies, in an effort to provide a guide through the emotional roller coaster that is cancer treatment and life as a cancer survivor. A foreword by Lori Wiener, PhD, DCSW, FAPOS is included.

## Book Information

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## Customer Reviews

"Her story offers practical advice and heartfelt encouragement to other young people facing the ordeal of cancer, its treatment, and the psychosocial implications of that treatment.Â With frankness, grace and poignancy, she shows us all - patients, parents, siblings, friends and caregivers - how to cope with one of life's most difficult challenges."Â Ronald R.

PetersonPresident,Â The Johns Hopkins Hospital and Health System"Every teen with cancer, their parents, friends, doctors and nurses should read this book. Clarissa Schilstra writes from profound personal experience in a poignant, clear and no holds barred manner about the psychological implications of undergoing treatment as a teenager." Stephen Schimpff, MD Former Director,

University of Maryland Greenbaum Cancer Center and author, *Fixing The Primary Care Crisis*"In *Riding the Cancer Coaster: Survival Guide for Teens and Young Adults* Clarissa Schilstra, a two-time cancer survivor who went through treatment both as a child and adolescent, has shared her journey and the wisdom she has gained along the way. This inspirational book is a must-read for any teenager or young adult going through cancer therapy as well as for the parents of these patients." Donald Small, MD, PhD Director of Pediatric Oncology, Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins Hospital Â "Clarissa Schilstra offers knowledge, wisdom, and advice to teenagers and young adults who are facing the travails of a cancer diagnosis. This is an essential book for anyone you know who is going through this life-changing chapter in his or her life." Paul F. Levy Former CEO, Beth Israel Deaconess Medical Center"The lessons she shares were hard learned, but Clarissa's book can help survivors cope with medicine, doctors, family and friends; with fears and challenges...I have been through the battle with leukemia and bladder cancer, and I wish Clarissa's book had been around for me to read - and for my family to read..."Mark H. Kolman, two-time cancer survivor

Clarissa Schilstra is a two-time cancer survivor. She was diagnosed with acute lymphoblastic leukemia for the first time when she was two and a half years old. She went through two and a half years of chemotherapy and survived. She led a happy and healthy life until June of 2007, when her cancer relapsed. So, she went through another two and a half years of chemotherapy, this time accompanied by radiation. She is now twenty-one years old and a senior at Duke University. Her passion is helping others cope with the ups and downs of life during and after cancer treatment. It is her goal to become a clinical psychologist after she graduates from Duke, and she would like to help improve the psychological care available to adolescents and young adults who have serious illnesses. You can read more about Clarissa on her website and blog at [www.teen-cancer.com](http://www.teen-cancer.com).

This is a phenomenal book. Clarissa tells her story in a very real and frank way, while remaining relatable to the reader. I have the privilege of knowing her personally, and because of that was really aware of the honesty from her in this book. I can very clearly hear her voice throughout the pages -- she writes as herself, without a front or "brave face." I would definitely recommend this to anyone dealing with a difficult time or loss, even if it is not directly related to cancer. I look forward to continuing to watch Clarissa work to help those with a similar journey to her own.

There tends to be a lack of helpful resources dedicated to teens who discover they have cancer.

The author has a unique perspective having lived through leukemia as a young child and then again as a teenager. Her words will help young patients through the initial shock as well as the long term treatment process. Very encouraging and informative for teens and young adults and their families.

The book was very well written, a good read.

Clarissa Schilstra offers knowledge, wisdom, and advice to teenagers and young adults who are facing the travails of a cancer diagnosis. Drawing from her own experience, employing plain talk and empathy, she offers helpful suggestions for the entire family. This is an essential book for anyone you know who is going through this life-changing chapter in his or her life.

Clarissa Schilstra draws from her personal experience with cancer to tell readers what she wishes she had been told while struggling with aspects of treatment that aren't always discussed - like missing school and the social challenges of returning after a prolonged absence. This book is an incredibly valuable resource for any young person battling cancer.

As a neighbor of this remarkable young woman's family and the brother of an oncology nurse suffering with CLL, I have witnessed and heard far too much of the cruelty of cancer. But the light, resilience and example that Clarissa is and her talent in sharing her journey in this book are gifts to this world.

A wonderful resource for young people facing cancer and all of its repercussions. Schilstra approaches the topic with sensitivity, poise, and a level of insight that can only be offered by someone who has navigated the twists and bumps of cancer herself. Love hearing this amazing lady share her experiences!

Clarissa is one of the most inspiring people I know with a unique gift for compassion and advocacy. She has the personal experience to back up her words and connect with any young reader who is going through, or has gone through cancer treatment.

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